

NATURAL HYGIENE NEWS

Vol. 1, No. 6

NEWS ABOUT THE HAPPIER WAY OF LIFE

February, 1957

TEACHER CREATES INTEREST IN FORBIDDEN SUBJECT

by

Virginia Vetrano

Recently my bacteriology teacher was ranting about the wonders of vaccines and serums. When the other students or I would try to bring into light some of the evils of these things, he would rave all the more. Had he had high blood pressure, he probably would have burst a vein. Taking it upon myself to let the students in on some vital truths about these matters, I got twenty-five copies of Dr. Shelton's "Vaccine and Serum Evils" and distributed them to the next class. When I asked one boy to help me give them out, he promptly said, "I'm not going to help you spread this propaganda."

All was well, for awhile anyway. At the next class the teacher came in fuming. He had seen a copy of this notorious booklet! He stormed, "I don't appreciate the passing out of that sort of literature in my class room. In the first place it's unethical. The public schools don't allow any kind of literature in the schools unless it is first passed through the front office, and it has to be something on the order of the United Fund." He steamed on while I sat there feeling smaller and smaller.

No Two Sides, Teacher Says

Later I told him that it was I who had passed out the booklets, and that I didn't see anything wrong about presenting both sides of the story. He burst out, "No, there is nothing wrong if there are two sides, but there aren't." And then he continued, "What I'm teaching in this class has been approved by the medical profession and there are no two sides to it."

At any rate, he unwittingly publicized the cause of Hygiene by making such a fuss about it in class. I heard one student say, "I didn't know what he was talking about, now I'll have to go home and read the booklet to find out what it's all about."

HEALTHY, HAPPY BABYHOOD RESULT OF NORMAL CARE



Wendy Sue Cheatham, daughter of Mr. and Mrs. "R. J." Cheatham, Detroit, Michigan. Born January 7, 1956, with a completely normal delivery. No medications were used at birth and none have been used since. Wendy's diet consists of fresh raw milk and fresh fruit juices. Seeing the vigorous health demonstrated by this Hygienic cherub can only bolster one's confidence in the powers of Natural Hygiene.

Doctor Says Cattle Are Sick, Their By-Products Inferior

AFTON, Mo.—A doctor of veterinary medicine stated in a recent communication to this office, that cows die from various pathologies, from cancer to septicemia. After lying and decomposing for from one to three days they are found, hauled to the rendering plant, skinned, and the muscles, bones and everything except the moo is ground up, he relates. The fat and oil is rendered and sold to soap industries, and the remaining abomination is then reground and added to commercial feeds which are fed to beef and dairy cattle, chickens, swine and sheep. The dried blood is made into a meal and added to many feeds as a supplement. This, according to our informant, is one more reason why our cows are sick and why we should avoid all animal products.

1957 CONVENTION TO FEATURE OUTSTANDING SPEAKERS

NEW YORK, N. Y.—Robert Gross, Ninth Annual Convention manager, has announced that the coming convention which will be held from July 15th to 20th at the Hotel Henry Hudson in New York, will offer the greatest Health conclave ever assembled. Leading Natural Hygienic practitioners and laymen from all over the world will conduct symposiums, classes and lectures. It is anticipated that upwards of a thousand people will be registered for the event.

Impressive Convention Programs

Our convention program will contain items of interest by Hygienic leaders, the lecture and class agenda and many ads. Heretofore the programs have been of great value to the individuals and firms advertising therein. This year it will be more valuable than previous ones because of the expected increase in attendance, and because of the beautiful format and value of the contained articles. The Natural Hygiene News will offer the programs for distribution throughout the entire country through its regular source of distribution.

Ad Space Being Offered

We respectfully request that you purchase space in our Ninth Annual Convention Program. Your advertisement will reach a highly select group and you will have the added satisfaction of knowing that you are aiding a truly great and noble cause. This year the message of Natural Hygiene will be spread throughout the entire country and foreign lands. Please help us to attain this noteworthy goal. Kindly send your checks and necessary information for your ad to the American Natural Hygiene Society, Joy Jacaruso, Treasurer, 10900 Shea Drive, Afton 23, Mo. Rates are as follows: full page, \$40; half page, \$25; quarter page, \$15.00. In addition to the regular ads there will be a donor list. The charge for having your name included in this list is \$5.00. If you can't afford a regular ad, join the donor list. Help your cause by helping Natural Hygiene.

NATURAL HYGIENE NEWS

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Dr. Christopher Gian Cursio, president

Dr. William L. Esser, vice-president

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EDITORIAL

by

A. R. Senic and O. L. D'Lace

Ask a person if anything is more important to him than his health. In all probability he would say "No". Now ask him if he thinks it intelligent to hit oneself over the head with a hammer! He'll laugh and say "No." Finally, ask what he thinks of people who consistently say one thing but do another. Probably he'll say, "Not much."

But the actions of the American people prove that their interest in health is superficial—nothing more than a cliché. It is popular and conventional to display concern for health. It is equally unpopular to really do anything about it. Tobacco usage and lung cancer cases rise together as people sit around smoking and discussing the importance of health. Candy sales and children's sickness increase consistently while righteous parents claim prime concern for their children's health. Gluttony and obesity bolt ever upward, capturing new clients for cold pills and coffins while the "fatties" squeeze into a drugstore booth to discuss their latest diet, over a banana split. Idiocy reigns supreme as the American public knowingly sits around hitting its collective self over the head with a hammer, shouting HEALTH instead of OUCH! No people ever claimed one thing so strongly and behaved the opposite so rabidly.

The thing that really is most important to Americans is to conform—to do the things everyone else does—being "not different."

If we would admit this, then, at least we could claim honesty. And holding our heads high we could March—all together and in step—rapidly down the superhighway of sterility. Destination EXTINCTION!



Jack Trop

Wonder of Life

St. Louis—In December, the Natural Hygiene Society of St. Louis saw a work print assembly from the hygienic movie now being produced by Jack Trop of New York.

Objectively and dramatically, this portion of the film portrayed real people. We sat spellbound as we met family after family living in accordance with the laws of life. Whether it is the Schneiders in New Jersey, the Rows in Illinois, the Franklins in Texas, or the Donnellys in New York, the same pattern of sensible happy living is established.

There is the pathos of a critically ill child. You see him in the intelligent care of a Natural Hygienic practitioner and feel the hope for new life being born in the child and in his mother. You see the tragic cancer scar of a young man and sense his devotion to Natural Hygiene for saving his life.

Even knowing that this was an unedited partial version did not detract from the magnificence of the film. The sooner it can be readied for distribution to schools, health clubs and civic organizations, the sooner will come the fulfillment of the promise of Natural Hygiene. Money is still needed to complete this great undertaking. Send your contributions to Trop Films, 44 East 52nd Street, New York.

Robert Gross in the News . . .

Dan Parker, president of the Damon Runyon Cancer Fund, in his column "The Broadway Bugle," New York Daily Mirror, December 24th, has this to say about our Ninth Annual Convention manager:

" . . . Robert Gross, former pro fighter and presently a Hygienist, in Newark, has joined the water-fast

LOCAL CHAPTERS
IN THE NEWS

BUFFALO—The Buffalo Natural Hygiene Society meets monthly at the Crane Library, 633 Elmwood Ave., Buffalo, usually on the fourth Monday. For information write to Rosina Sullivan, Corresponding Secretary, 484 Breckenridge St., Buffalo 13, N. Y.

On January 8th at the YWCA, 245 North Street in Buffalo, Dr. Gian Cursio delivered a talk on "Health and How it is Built." Three evening classes followed on January 9th, 10th and 11th at the Lafayette Hotel.

DETROIT—Monthly meetings held the second Saturday evening of each month at 14302 Grand River Avenue, Suite 203 at 8 p.m. On Saturday, December 8th, the Secretary, R. J. Cheatham, showed a collection of color slides he took at the last Convention in California. After the slides, R. J. delivered a talk entitled "Antique versus Modern Dietary." Following the regular meeting was a short business meeting and a social hour with "pot luck" refreshments of fresh fruit and nuts.

NEW YORK—Monthly meetings held the second Wednesday evening at the Hotel Capitol, 8th Ave. and 51st Street, New York. The January 9th meeting was very successful. The speaker was Robert Gross. His topic was "An Expose and Indictment of Devils, Drugs and Doctors." The Natural Hygienic Round Table commenced its monthly dinner meetings and discussion group in January under the supervision of Mr. Henry Sherman. Miss Ann Zack heads the group of ice skaters which meets every Sunday morning in Central Park for fresh air and exercise.

ST. LOUIS—Meetings held the third Sunday of every month at Washington University at the Campus Y on Forsyth Blvd. at 3 p.m. At the January meeting Joy Jacaruso spoke on the subject "Wake up and LIVE!" Following her talk, Diana Tucker led the group in games and exercise. Afterward a fruit and nut supper was enjoyed. In February Arthur Andrews will speak.

cure cult, long advocated by such old-timers as John Tholmer, Harry Wills and Eddie Nugent . . . (We wish you wouldn't refer to us as a "cult", Mr. Parker!)

HERE AND THERE WITH NATURAL HYGIENISTS

Rose and Lee Bauer and family, formerly of St. Louis and more recently San Diego, have moved to Escondido where Lee is now associated with the Real Estate firm of Fred J. Knauer. Fred, incidentally, is a Hygienist also, having fasted recently at the Hygienic Haven in Escondido.

... Miss Dee Robbins, New York model and Natural Hygienist, spent the Christmas holidays with her parents in Centerville, Indiana. ...

Robert Gross of New York City, 1957 Convention chairman, with his son, David, spent the holidays at Dr. Esser's Rest Ranch in Lake Worth, Florida. ... Woodland Kahler of Paris, France, Foreign Secretary of the ANHS, writes that he and his lovely wife plan to come to America next summer and hope to attend the Ninth Annual Convention. ... Among winter guests at Dr. Esser's are Lou Ansell of St. Louis; Mr. and Mrs. Joseph Brenner of Newark, N. J.; Ann Luempert, internationally known entertainer from North Royalton, Ohio, and Noah Alper, St. Louis. ... Bob Rosasco, young Eastern Airlines pilot from New York City, was the house guest of Mr. and Mrs. Arthur Andrews of St. Louis, early in December. Bob had a stop over in St. Louis during a flight. ... Jean and Bill Peavy have added a new feature since taking over the Stry Guest Ranch at Melbourne, Florida—every Friday night is "Fun and Education" night. Bill gives a short lecture on Natural Hygiene and Jean puts on a little show. The guests really go for it! ... Hal Gold, a student at Mexico City College, was home (N. J.) for the holidays with his mother, Mrs. Nina Gold. ... Frances Maliff of Arlington, Virginia, underwent a fast at the Gian Cursio home in Miami recently.

... By the time you read this, the Tony Brauns of Kirkwood, Missouri, will have had another blessed event in the family. This will be their second. ... Mr. and Mrs. August Fernau of West Palm Beach are planning a summer trip abroad.

MEMBERS —Deadline for receiving ballots on the JOURNAL and related proposals is extended through February 23. Continue to send in your ballots.



Lovely Diana Tucker, known to many of our members, poses beside the pool at Washington University in St. Louis, Missouri, where she is completing her studies as a health and physical education major. She is the daughter of Dr. and Mrs. Carl Tucker of Los Angeles.

WHAT NATURAL HYGIENE HAS MEANT TO ME

by

Bonnie McKissack, R.N.

I have been a registered nurse for 30 years and have worked with many outstanding medical and surgical men. I suffered from gout for several years. Anyone who has ever been afflicted with this disease can never forget the pain because it is one of the most debilitating of human disorders. It is a metabolic disease marked by very painful inflammation and swelling of the joint. It usually first manifests in the big toe. Later the other joints become involved.

My case started suddenly with terrific pain in the right big toe. It was so excruciating that contact with a bed sheet was unbearable. These painful crises occurred every two or three months at first, then became more frequent until finally I had an attack every few days. In time I was troubled with both feet and could no longer walk. I had been bedridden for about a month when a friend told me of her experience with Natural Hygiene.

I read some of Dr. Shelton's books

which she had lent me, became convinced of its truth, and decided to try it. Two days later I was on my way to Dr. Shelton's Health School. I boarded and left the plate in a wheel chair, unable to walk. Under Dr. Shelton's supervision I fasted 40 days. By the tenth day I could stand on my feet and walk to the porch for sunbathing. The fast was broken on the fortieth day and two weeks later a healing crisis manifested itself which required a second eight day fast, followed by a subsequent short fast of five days. I began to feel like a new person, and to believe the wonderful teachings of Dr. Shelton. He told me that if I continued to live the Natural Hygienic way I would never have any more attacks. He was so right.

It has been over a year now and I have never had another attack! I look forward to learning how to live the Hygienic way more fully. Now I feel as did Browning, when he wrote "The best is yet to be!"

CHILDREN'S CORNER



Gemma Lee Bauer

My Desire

by

Gemma Lee Bauer

When I grow up and marry for life,
My husband will get a Hygienic wife.
I'll fix our meals of fruit and nuts,
And we'll never get in the average
ruts.

Now my problem is where to find
A hygienic husband who's healthy
and kind
To help me live the life we should
With five little children all happy and
good.

4 Year Old Boy Fast for 26 Days at Esser's

LAKE WORTH, Fla.—Mrs. Mildred Rogers, R.N., and son, Paul, completed fasts at the Hygienic Ranch here in Lake Worth, the latter part of December. Paul, who is just 4 years old, fasted 26 days and Mildred completed 35 days. Both are feeling wonderful.

Miss Alice Young of New York also completed a 21-day fast here at the same time.



"Thank you for your invitation to join the American Natural Hygiene Society that you have mailed to my husband. However, he passed a year ago at age 90. So, perhaps I may join you instead, for whatever time I may have left in this life. Enclosed is my money order, which a Christmas gift enables me to send. My income is only a small widow's pension. I have been a vegetarian 52 years. A happy and successful New Year to you and all Natural Hygienists."

Margaret Widerborg, Wood Dale, Ill.

"You certainly deserve an "E" for effort on behalf of Natural Hygiene and your promotional efforts are to be commended. I sincerely hope that the results you obtain are commensurate with your industry."

Austin Cullin, Victoria, B. C.

"Heartly congratulations from Mexico, for your fine News Bulletin. It resounds with joy and cheerful exuberance, true to the new way of life. Yours for a better world . . ."

B. Lytton Bernard, Mexico

"Rich and I both enjoy the N. H. Bulletin. It must take a lot of time and effort on your part. I do hope everyone enjoys it as much as we do."

Mary M. Wangler, Buffalo, N. Y.

Missourian Delighted With Hygienic Haven

ESCONDIDO, Calif. — Back in Greenwood, Missouri, Mr. and Mrs. Roy M. Sperry read Lee Bauer's story in the News about Dr. McEachen's Hygienic Haven, and decided here was the place for Mrs. Sperry to fast and relax. Being a practicing Hygienist, Margaret required but four days fasting and one day on juice; then was put on the raw fruit and vegetable meals. She likes the air, sunshine, food and folk, and would be happy to stay a "long time" if her family were here. However, Margaret left husband and three young children back home, and will be returning soon, completely renewed in spirit, mind and body.

GEHMAN RECOMMENDED FOR MEMBERSHIP TO YOUTH COUNCIL

WASHINGTON, D. C.—The official report on the President's youth conference which was convened a few months ago at Annapolis will soon be available. Natural Hygienists will be interested to know that Dr. Jesse Mercer Gehman has been highly recommended for membership on the Citizens Advisory Committee in the President's Council on Youth Fitness. No final action has been taken to date on any of the nominees.

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